

ABSTRACT OF DISCLOSURE

The present invention relates to a method of inserting sync patterns of different lengths in modulated data, and a recording medium having sync patterns produced by said method. The sector sync
5 and the frame sync pattern to be inserted in modulated data in accordance with the present invention must satisfy the given (d,k) constraints, have distinctive 0's run the modulated channel data can not have, and be as short as it can. In addition, the frame sync pattern is shorter than the sector sync pattern because the frame sync pattern
10 is more frequently inserted than the sector one. Owing to the present sync patterns, the storage capacity reduction of a recording medium due to necessary insertion of sync patterns can be minimized under a given modulation condition.